



Carroll County Consortium Trend Report CSH Overview Summary

The following information is a summary of activities and accomplishments since the formation of CSH in the Carroll County Consortium beginning with the 2007-2008 calendar school year within the five special school districts of Carroll County.

CSH Infrastructure Established:

An infrastructure for CSH has been developed for the Carroll County Consortium that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$19,852.17. In-kind total service hours total 855 hours for volunteers assisting with CSH programs.

Community partnerships have been formed to address school health issues and include the following:

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| ➤ 24/7 Fitness Center-Huntingdon | ➤ Williams Furniture Company |
| ➤ Hwy. 22 Auto Salvage | ➤ West TN Diabetic Educator-Glenda Nanney |
| ➤ Air-Evac | ➤ William E. Webb, DDS |
| ➤ American Heart-Stroke Association | ➤ Huntingdon Eye Care-Dr. Lee Nicholson |
| ➤ Atwood Volunteer Fire Dept. | ➤ West Carroll Pharmacy |
| ➤ Bank of Gleason | ➤ West Carroll Medical Clinic |
| ➤ Bethel University | ➤ Well Child |
| ➤ Block City Pizza | ➤ WBBJ-TV Channel 7 |
| ➤ Carroll Bank & Trust | ➤ Watson Lumber Co.-Seth Bennett |
| ➤ Carroll Co. Civic Center | ➤ Dr. Michael Roberts – Carroll Co. Chiropractic |
| ➤ Carroll Co. Sheriff's Dept. | ➤ Farmers' & Merchants Bank |
| ➤ Carroll Co. Technology Center | ➤ W.R.A.P. (Women's Rape Assistance Program) |
| ➤ Dixie Performing Arts Center | ➤ Dr. Lee M. Carter |
| ➤ G & C Supply Company, Inc. | ➤ Vale Volunteer Fire Dept. |
| ➤ Hollow Rock Police Dept. | ➤ UT Extension |
| ➤ Howl Bean Towing Company | ➤ Dietitian Associates |
| ➤ Huntingdon Police Dept. | ➤ Trezevant Volunteer Fire Dept. |
| ➤ Huntingdon Termite & Pest Control | ➤ Clarksburg Police Dept. |
| ➤ Westport Volunteer Fire | ➤ Trezevant Police Dept. |
| | ➤ Carroll Farmer's Co-op |

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| ➤ Town of Huntingdon-Mayor Dale Kelley | ➤ Carroll Co. Department of Children Services |
| ➤ Carroll Co. TNCEP Coalition | ➤ McKenzie Volunteer Fire Dept. |
| ➤ Town of Clarksburg | ➤ McKenzie Rotary Club |
| ➤ The McKenzie Banner | ➤ McKenzie Regional Hospital / EMS |
| ➤ Tennessee Highway Patrol | ➤ Carl Perkins Center |
| ➤ Carroll Co. Rescue Squad | ➤ McKenzie Police Dept. |
| ➤ TENNderCare | ➤ McKenzie Medical Cnt.-Chiropractor |
| ➤ Taylor Real Estate & Auction | ➤ C & H Graphics |
| ➤ Safe & Drug Free Committee | ➤ McKenzie Medical Cnt.-Alice Chapman RD |
| ➤ South Carroll SSD | ➤ Bruceton, Huntingdon, McKenzie Lion's Club |
| ➤ Prairie Farms/Turner Dairy | ➤ Carey Counseling |
| ➤ Carroll Co. Interagency Council | ➤ McKenzie Family Chiropractic |
| ➤ Phipps Pharmacy | ➤ Bruceton Police Dept |
| ➤ Northwest Council on Children & Youth | ➤ March of Dimes |
| ➤ Carroll Co. Fire Dept. and Chief Terry Bradshaw | ➤ Macedonia Volunteer Fire Dept. |
| ➤ Carroll Co. Haz-Mat Team | ➤ Bill's Flowers & Gifts |
| ➤ Northside Medical Cnt.-Dr. Thomas P. Evans | ➤ M.A.D.D.(Mothers Against Drunk Driving) |
| ➤ Carroll Co. EMA-Janice Newman | ➤ Bill Sills Sportswear |
| ➤ Carroll Co. Health Dept.-Barbara Kelly | ➤ Life Care Center of Bruceton |
| ➤ Carroll Co. Mayor Kenny McBrid | ➤ LeBonheur Community Outreach |
| ➤ Carroll Co. R.S.V.P. | ➤ Baptist Memorial Hospital |
| ➤ McLemoresville Volunteer Fire Dept. | ➤ Huntingdon-Rita Foster |
| | ➤ Lakeland Springwater Company |
| | ➤ King Law Office |
| | ➤ Johnsonville TVA Employees Credit Union |

Parent and Student Involvement Developed:

Parents are involved in various CSH activities that include Academic Success Day Celebrations, after-school exercise programs, after-school nutrition programs, Food Fiesta, health fairs, Healthy School Teams, mock crash scenes, school health screenings, tobacco prevention/awareness programs, and Walk to School Day. Currently, 71 parents are collaborating with CSH to improve the existing programs and help develop programs in the future to educate our students.

Students have been engaged in CSH activities and programs that include Academic Success Day Celebrations, Food Fiesta Food Prep and Station Coordination, Germ 101, Hand Washing Education for younger students, Health Fairs, Health Promotion Media Events, Healthy School Teams, Mock Crash Scene Drama Teams, Tobacco Prevention/Awareness Campaigns, and Walk to School Day Organization for Primary students.

Approximately 117 students are partnering with CSH to address school health issues;

CSH organized and conducted the Food Fiesta program in conjunction with U.T. Extension for 400 students at West Carroll Elementary for TCAP Success Day. This program consisted of 6

stations operated by CSH director and assistant, four U.T. Extension Agents from Carroll Co., and twelve FTA (Future Teachers of America) club members from West Carroll High School. The 6 Food Fiesta Booths focus on areas listed below:

“5 A Day Fruits & Veggies” – Exotic Fruits and vegetables station where students were given the chance to try exotic fruits and vegetables that may not be available to them on a daily basis such as: cauliflower, kiwi, pineapple, avocado, etc. FTA club members from W.C. High School sliced, plated, and served foods;

“Handwashing Station” – Students learned how to properly wash their hands and the different times when it is appropriate to wash them. Also, they had the opportunity to use a “germ” gel on their hands and view the “germs” under a blacklight after washing to ensure they removed all the “germs”. FTA club members from W.C. High School assisted CSH director with hand washing at this station;

“Fruit & Veggie Twister” – Students played the game of “Twister”, a team of girls played first then a team of boys played the game. The game was based on students recognizing fruits and veggies as in the original game of “Twister”. FTA club members from W.C. High School operated this station and called out the fruits and veggies for students to find such as, (right hand, red fruit / left foot, yellow veggie);

“Pyramid Food Relay” – Students participated in a relay race promoting physical activity. The goal was to separate food pyramid cards with pictures of various food items into bags labeled with the different food groups: Grains, Fruits, Vegetables, Dairy, Proteins/Meats, Fats/Sweets/Oils;

“Purple Cow” – Students had the opportunity to sample a calcium rich drink called “Purple Cow” at this station which consisted of low-fat frozen yogurt and light grape juice. Students were educated on the important role calcium plays in our bodies;

“Where Does Food Come From” – Students were educated at this station as to where food comes from such as plants that grow under the ground and meat that is supplied from animals. Food models were used to illustrate serving sizes and U.T. Extension Agent Kenny Herndon educated students on the importance of serving sizes in their diets.

Huntingdon SSD held “Parents Night Out” for all parents having students in grades Pre-K through 12th grade for an educational and informational night at Huntingdon Middle School. CSH presented a program on the importance of students having a stable support system and how this enables them to better achieve. CSH reached approximately 120 parents. (Aug. 2007) TENNderCare representative utilized CSH Tobacco Free “Bee” mascot at Terry Community Fall Festival to promote tobacco prevention and awareness reaching 250 children and adults. The festival raised funds for the benefit of the Exchange Club Carl Perkins Center in Huntingdon, TN. (Oct. 2008). Representative from Baptist Memorial Hospital-Huntingdon utilized tobacco trunks for a county-wide “Health Services” day in Carroll County reaching 100 adults and children. Incentives such as Tobacco Prevention bracelets, pencils, and mints were given for distribution at this event. (March 2009)

In 2008-2009 CSH participated in “Walk to School Day” at Huntingdon Primary School. CSH “Bee” mascot was worn by a faculty member and greeted the students, parents, and participating teachers. The “Bee” encouraged students to “Bee Active!” CSH placed signs to follow along the path prior to “Walk to School” day. Students, parents, and teachers walked

from a nearby park to school and busses dropped off students at a location approximately ¼ mile from school. Teachers encouraged students by walking with them and displaying signs with their bus numbers as they walked. The school's "Wiser Miser Team" provided hot chocolate for the children, parents, and teachers at the front door. Also, each student who walked to school received a water bottle for their participation. The school principal was also greeting students as they entered the building.

CSH participated in South Carroll Special School District Health Fair which was held on September 18, 2009. Various community organizations set up booths during the health fair to provide education to students in grades K through 8th. Two parents volunteered at each booth on this day. The health fair began at 8:30 A.M. and continued throughout the day until 2:00 P.M. Parents helped to prepare a snack which was served to approximately 275 students. CSH taught students about portion sizes and served a "pyramid" shaped snack consisting of cracker-bread group, ham/turkey slice-meat group, cheese wedge-milk group, shredded carrots-vegetable group, dried apple piece-fruit group and chocolate kiss-fats, sweets and oils group. CSH conducted a program on proper hand washing techniques for the "Jobs for Tennessee" senior class at South Carroll Special School District (2009-2010). These students then developed their own curriculum and instructed elementary students in various classrooms on the importance of hand washing/germ prevention.

CSH attended the Carroll County B.O.E. Pre-K and Special Learning Center Open House where two students took turns wearing the "Bee" costume and greeting Pre-K students. The two students from the Carroll Co. Special Learning Center encouraged other students to "Bee Active" during the open house. CSH provided students with dental health coloring books and "Bee Active" pencils. (Oct. 2010)

CSH collaborated with U.T. Extension for the past three years to implement the Walk Across TN 8 week walking program for Carroll County schools to help promote exercise. Students in forty-three 4-H clubs throughout Carroll County schools kept weekly mileage totals for classes competing in the program. (2009-2011)

Students have been engaged in CSH activities such as the UT Extension Food Fiesta program (2009-2011) which focuses on nutrition and physical activity for elementary students, the Power U Program created by UT Extension (2010-2011) funded by LeBonheur to reach 150 students in Carroll County through 4th grade P.E. classes addressing issues such as physical activity, nutrition education, comprehensive health programs, healthy fast food options, calcium promotion, fruit and vegetable consumption, etc. Also, CSH works with students and the Carroll County Health Educator through the "Better Me" Program (2009-2011) teaching nutrition education, self esteem, and the importance of a well balanced diet.

U.T. Extension Food Fiesta Program implemented into Hollow Rock-Bruceton Central Elementary 2010-2011 / 47 students and 6 student volunteers, McKenzie Elementary 2010-2011 / 575 students with 2 parent volunteers, South Carroll-Clarksburg Elementary 2010-2011 / 108 students with 12 student volunteers.

Power U Program / UT Extension LeBonheur 2010-2011 / 150 total students
Hollow Rock-Bruceton Central Elementary 4th grade
South Carroll-Clarksburg Elementary 4th grade
West Carroll Elementary 4th grade
Better Me Program / Carroll Co. Health Department 2009-2010 / 2010-2011
South Carroll-Clarksburg Middle School 6th grade / 34 students / 21 students

School Health Interventions

Carroll County Consortium Health Screening Data:

2007-2008	Total students screened: 2,836	Total referrals for all screenings: 843
2008-2009	Total students screened: 3,501	Total referrals for all screenings: 701
2009-2010	Total students screened: 5,645	Total referrals for all screenings: 1,344
2010-2011	Total students screened: 6,201	Total referrals for all screenings: 1,635

Total nurses visits – 63,078 students returned to class after visits: 57,097 or 91% of students returned to class after nurses' visits since inception of CSH;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 23.6% of Carroll Co. Consortium students were screened as obese during the 2007-2008 school year. 24.6 % of Carroll Co. Consortium students were screened as obese during the 2008-2009 school year. 23 % of Carroll Co. Consortium students were screened as obese during the 2009-2010 school year. 26% of Carroll Co. Consortium students were screened as obese during 2010-2011 school year;

Professional development has been provided to school health staff, faculty, and other professional staff by CSH in the following ways:

2008-2009

CSH provided in-service training for South Carroll SSD-Clarksburg faculty and staff. Dr. Thomas P. Evans spoke to the faculty and staff concerning asthma triggers, and how to treat signs and symptoms. A representative from LeBonheur Community Outreach presented power point material to the group on Blood borne Pathogens and how to prevent the spread of infectious diseases. CSH conducted Blood Borne Pathogens-Universal Precautions training in-service for Carroll County B.O.E. employees at the Carroll County Civic Center.

2009-2010

CSH conducted a Blood borne Pathogens and Suicide Prevention In-Service for South Carroll SSD. CSH conducted Blood Borne Pathogens-Universal Precautions training in-service for Carroll County employees at the Carroll County Civic Center. CSH also provided healthy breakfast options for attendees.

2010-2011

CSH provided healthy in-service breakfast for attendees including Technology Center faculty, bus drivers, Carroll Co. B.O.E. employees, Adult Education employees and CSH. CSH conducted a Take 10! in-service for 52 teachers supplying curriculum for attendees. CSH provided a mental health 101 training at McKenzie Elementary School assisting school counselor with power point required by state office for mental health initiative. CSH also

provided all school counselors in Carroll County the mental health 101 Power Point to administer the training to all faculty. Counselors reported all faculty members trained back to CSH after completion. (2011).

School faculty and staff have received support for their own well-being through CSH offering the “Hold the Stuffing” weight loss program for all school districts (2007-2008) as well as “Destination Destin” in conjunction with LeBonheur Community Outreach to promote exercise. CSH offered the Walk Across TN program in conjunction with U.T Extension (2008-2011) and the South Carroll-Clarksburg Wellness Programs (2007-08, 2009-10, 2010-11) in order to promote exercise and weight loss among faculty and staff.

Specific interventions have been made in the following areas to address childhood obesity and other important health issues in the Carroll County Consortium:

- Physical Education/Physical Activity Interventions – 2009 CSH conducted a Take 10! in-service for faculty and purchased curriculum for 52 attending teachers to provide the manuals for classroom enrichment to promote physical activity. 2010-2011 CSH purchased Fitness Gram computer based programs for 7 P.E. teachers within Carroll County schools to promote physical activity for students in P.E. classes;
- Nutrition Interventions – 2010-2011 CSH partnered with R.D. and worked with Food Service Supervisors to improve menu selections for students. CSH surveyed approximately 1,600 students on each menu item served in each of the 5 school district cafeterias to use the data for review and suggestion with the Food Service Supervisors.
- Healthy School Environment – Mock Crash Events

2007-2008 CSH conducted Mock Crash events in 3 of the 5 county high schools to emphasize the dangers of the tragedy mixing alcohol and automobiles can cause in teenagers’ lives. (West Carroll H.S., McKenzie H.S. and Huntingdon H.S.) Also CSH organized a Prom Promise event in conjunction with MADD (Mothers Against Drunk Driving) to bring in a speaker for Hollow Rock-Bruceton Central H.S. for the 2007-2008 school year to stress the importance of not drinking and driving.

2008-2009 CSH conducted Mock Crash events in 2 of the 5 county high schools that did not participate the previous year to emphasize the dangers that mixing alcohol and automobiles can cause in teenagers’ lives. CSH organized a Prom Promise event at 2 of the 5 county high schools in conjunction with the Carroll Co. Sheriff’s Dept., Carroll Co. Fire Chief, and Carroll Co. Emergency Management Agency Director to discourage teen drinking and driving.

2009-2010 CSH conducted the first County-wide Mock Crash for all 5 high schools with 681 junior and senior students in attendance. Community partners such as local EMT, fire departments, law enforcement, EMA, Air-Evac, THP, Carroll Co. Haz-Mat team, Carroll Co. Rescue Squad, and other volunteers made this first County-wide Mock Crash a huge success for our students.

Huntingdon H.S. principal allowed the event to take place on the football field which allowed for adequate seating in the stadium and also allowed for Air-Evac to land on the field to transport “injured” passengers from the crash scene. After the scene, students were able to hear from former tennis pro Blake McMeans in the HHS gym. He explained to them how alcohol took over his life and ultimately took away his tennis career. Driving drunk caused Blake to wreck his vehicle leaving him paralyzed for life. This left a powerful impact with students, many of whom spoke with or shook hands with Blake before leaving this event.

Teen Summit

2008-2009-Carroll County CSH partnered with the Carroll County Health Council to conduct the First Annual Carroll County Teen Summit March 6, 2009, where freshmen 498 students from the county’s five high schools attended the event at the Carroll County Civic Center. The Carroll County Health Department received a March of Dimes Grant and CSH garnered other sponsors to fund the event. Barbara Kelly, health educator gave a motivational talk on “Tobacco and Your Future.” The hit of the day was a performance from “The Standards,” a group of five adult brothers who are International recording artists from Nashville. Their performance featured nonstop music combined with choreography, comedy, and audience interaction which focused on character building, drug and alcohol awareness, self-esteem, and positive role models. They provided an energetic fun-filled performance providing advice to teens through their “Music with a Message” program. Several agencies set up booths for students to view. Dr. Paul Evans of Northside Medical Center spoke to students about teen pregnancy, sex and STD’s. Evaluations revealed 90% of the students felt “The Standards” were helpful in understanding alcohol and drug abuse. A total of 75% of the students felt like the information Dr. Evans shared was helpful in learning about teen pregnancy, drugs, alcohol and STDs.

2009-2010-CSH organized and promoted the 2nd Annual Carroll County Teen Summit for 281 county Freshmen students from the five special school districts. CSH garnered sponsors to pay for speakers for this event held at the Carroll County Civic Center on March 17, 2010. Larry Black from the City of Jackson Parks and Rec. Department spoke to the students about STD’s, sex and risky behaviors. He explained to them that the world is too competitive for them to worry about anything in high school except for their education. David Parnell a former methamphetamine spoke to the students about the dangers of drugs and how it affected his life when he attempted suicide. He used Sheriff’s Dept. crime scene photos to bring in the reality of drug abuse to the eyes of the students.

2010-2011 CSH held the 3rd Annual Carroll County Teen Summit for 359 freshmen students from 5 special school districts at the Carroll County Civic Center on March 18, 2011. Several area businesses set up displays focusing on STD prevention, the dangers of consuming energy drinks, nutrition and tobacco prevention/awareness. The first speaker was Mrs. Debra Ireland, Assistant U.S. Attorney from Memphis, TN. She spoke on Internet Safety and Cell Phone Use. She also educated students about Project Safe Childhood, which was developed by US Attorneys to prevent online crime and prosecute internet predators. Attorney Ireland described to the students how easy it was for an individual to locate a child on-line just by viewing their “Facebook” page, picture or E-mail

account. She used several different examples the students would be familiar with in order to prove the point of how simple finding information on the internet can be for a criminal. She also stressed the importance of constantly being aware of personal privacy settings for Email, "Facebook" pages, or similar sites, especially if pictures are posted on these pages. Attorney Ireland warned students that if they would not say something to their peers that is should not be posted on the Internet.

The second speaker was Tommy Vallejos, Director of H.O.P.E. (Hispanic Organization for Progress and Education). Mr. Vallejos is a former gang member and Pastor of a 2,400 member church in Clarksville, TN. He also assists Clarksville and Montgomery County Law Enforcement with Gang Violence/Awareness Training. Mr. Vallejos stood before the freshman class in Carroll County and held their attention with respect because he told them of how he grew up in a gang and lost family members associated to gang violence. The students saw his gang tattoos and heard how he lost his tow brothers and a stepfather to the violence in the streets. They listened to how he changed his life for the better and how he helps prevent gang violence now. Mr. Vallejos educated students on the various gangs that are infiltrating into Carroll County and how to avoid gang affiliation. He encouraged the students to stay involved in school and positive activities.

Evaluations revealed:

35% of students learned not to share personal information over the Internet.

10.7% of students reported that the Internet can be dangerous after Attorney Ireland's program.

39% of students in attendance at the Teen Summit have been bullied or know someone who has been bullied or know someone who has been bullied over the Internet or cell phone.

18% of students reported that gangs are dangerous after Mr. Vallejos' program.

32% of students reported that they would stay away from gangs.

25% of students in attendance at the Teen Summit are either involved in or know someone who is involved in a gang.

"You can't change your past, but you can better your future," says 6% of students after hearing Tommy Vallejos at the 2011 Carroll County Teen Summit.

In such a short time, CSH in the Carroll County Consortium has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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